

DRILL: BEDNAR SKATING PROGRESSION - 3 CONES NEEDED

LINK: <https://acimaging.net/hockey/bednar-skating-progression/>

PURPOSE

This skating and conditioning progression works on generating speed, controlled stops/starts, and a variety of applied transitions and escapes. While shown in 4 variations, there are multiple ways this drill can be modified for the age, skill, or desired outcome.

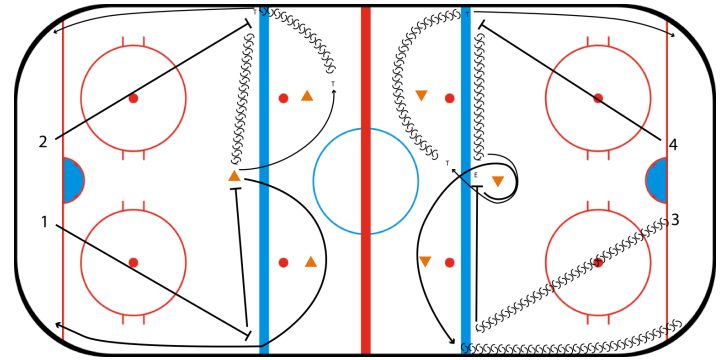
HOW TO

V1 – Always Forwards:

- Players start to one side of the goal and skate forwards to the blue line and hard stop.
- Player then skates across the zone to the cone and hard stops.
- They then step out and arch around the high cone (if necessary, add more cones so they aren't making a beeline for the cone) and then down the wall into the zone.

V3 – Backwards to Forwards with Escape:

- A before, players start next to the goal. Player skates backwards up to the blue, hard stops, and transitions forwards.
- They skate forwards to the top side of the cone and stop facing away from the cone.
- They escape all the way around the cone and continue in an arch around the high cone to the blue line.
- Then, transition backwards and skate to the corner to finish.



DRILL: QUICK PASS 1v1

LINK: <https://acimaging.net/hockey/quick-pass-1v1/>

PURPOSE

Passing with pressure and finding time & space.

HOW TO

- Players around circle with 2 players inside.
- Players on the inside must battle for the puck. Once someone has possession, they must make 3 clean passes (or designated number) with players on the outside of the circle. They cannot pass to the same person twice (or twice in a row depending on numbers).
- Other player is trying to intercept and then make their passes.
- Once the 3rd pass is successfully made, the inside and receiving outside player immediately switch spots and that new player starts with possession.
- Players on the outside can move, within reason, around the perimeter, but they cannot step inside or cut through the circle unless they are part of the completion of passing requirements.

DRILL: RUSH SHOT

LINK: <https://acimaging.net/hockey/rush-shot/>

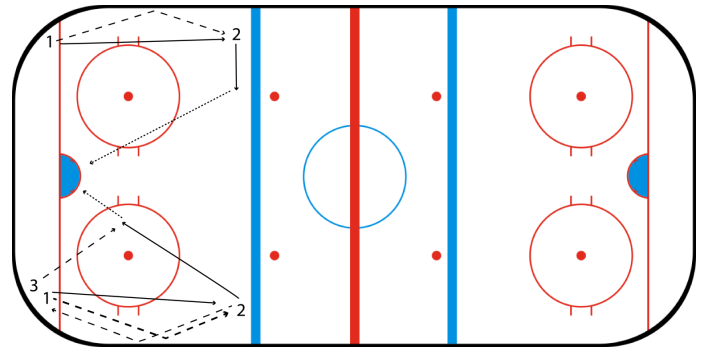
PURPOSE

The two variations of this drill work on similar concepts of rushing the point to either block or force them to make a decision.

HOW TO

V1 – Rush to block:

- Line of players in the corner and player at the point. To isolate skills, you can separate into D and F.
- Player from corner (1) passes to the point (player 2), ideally bumping it off the boards to build that passing skill.
- Player 2 will receive the pass, drag across the blue, and shoot.
- Player 1, after passing, will immediately attack to the point, rushing their shot and trying to block.
- Player 1 goes to line 2, line 2 goes to line 1.



V2 – D activation:

- Line of players in corner and at point.
- 1 passes to point at 2.
- 1 rushes the point attempting to intercept the board pass.
- 2 passes back down to the next player in line (3) and drives to the net
- 3 passes to the driving D for a shot.

DRILL: 1v1 GARBAGE GAME - NEED 2 BORDER PATROLS